



Discover your Raleigh Parks and Recreation Department

Saturday Sewing: For Beginners

Age 18+

Sewing lessons for beginners that want to learn how to read a pattern, select fabric and knowledge of sewing machines. The class project will be a tote bag. Class cost does not include material. \$20

119138

Feb 4-25

Sa 11:00 am -12:00 pm

Sewing: 101

Age 18+

In this class you will complete an item of your choice. You will select a pattern, fabric and notions. Some knowledge of sewing required. Class cost does not include materials.\$30

119139

Mar 10-31

Sa 12:00 pm - 2:00 pm

Home School Sewing

Age 10+

This class will teach the basics of sewing to the interested home schooled population. \$15

119117

Mar 7-28

W 10:30 am -11:30 am

Mini Stitchers

Age 10+

Sewing lessons for young people that want to learn how to read a pattern, select fabric and knowledge of sewing machines. The class project will be a tote bag. Class cost does not include material. \$20

119119

Feb 4-25

Sa 11:00 am -12:00 pm

Biltmore Hills Spring 13 & Under Basketball

This league is for those teams and players that would like to continue after the regular season is over.

Registration is from March 12-26. \$30

119094

Apr 9-May 16

M, W 6:00 pm - 9:00 pm

Teen Basketball (16& Under)

This league is for teens ages 13-16. There will be a league for young ladies and young men. Registration is March 5th - 19th. \$30

119164

Apr 3-May 8

Tu 6:00 pm - 9:00 pm

119165

Apr 5-May 10

Th 6:00 pm - 9:00 pm

Baseball Spring Youth League District D

Age 9 yrs.

The athletic department in coordination with the community centers throughout Raleigh offers youth baseball for ages 5-18 yrs. Each participant has to provide a copy of birth verification and must have insurance. League age is determined by the participant's age as of April 30 th of the current year Games and practices will be held at the following District D sites Biltmore Hills, Chavis, Carolina Pines, Roberts, Worthdale, Walnut Terrace, Halifax, and Tarboro Rd.Registration runs from February 13th - February 24th \$30

118406

Mar 3-May 14

Sa, M, W 9:00 am -12:00 pm

Spring Fest

All Ages

A fun filled day of entertainment, rides, displays, vendors and food for the entire family. Free admission rides and games. This event is organized by the South East community centers and held at Biltmore Hills Community Center, 2615 Fitzgerald Drive for 2012. \$0

118421**Apr 21****Sa 12:00 pm - 4:00 pm****Egg Hunt**

All Ages

Come join your local community center for a fun-filled morning. Check with the center closest to you to find out what exciting pre-hunt events are planned. Hunts start promptly at 11:00am. This is a free activity and pre-registration is not required. \$0

117967**Mar 31****Sa 11:00 am -12:00 pm****Play Smart**

Age 3 yrs.

Children will rotate through different stations in small groups. Physical fitness and safety activities involving City of Raleigh Firefighters and Police Officers are the primary focus. A kid-size city with pedal cars will be used to teach children about driver and pedestrian safety. Parents, guardians, or teachers are required to stay during the program. Contact: Alicia Lacombe 831-6833 or Linda Stafford 420-2383.

\$6

119196**Mar 21****W 10:00 am -11:30 am****Community Afterschool Programs**

Age 5-12

The Community Afterschool Program is being offered at several local Community Centers for children K-6th grade following the Wake County Traditional school calendar. This program is designed to offer recreation activities, homework assistance, and arts & crafts. For registration information contact your local community center. \$0

122876**Jan 3-Apr 30****Tu-F, M 3:30 pm - 6:30 pm****Exercise - Weight Room/Fitness Centers**

Age 18+

Check out the fitness rooms around the city! Take advantage of the variety of cardiovascular and strength training equipment available around the city and get into shape. The fitness rooms will be open during normal center operating hours. Participants must be 18 years of age or older. Please see staff for additional information. \$10

120686**Jan 1-31****Daily 1:00 pm - 6:00 pm****120695****Feb 1-29****Daily 10:00 am - 9:00 pm****120696****Mar 1-31****Daily 10:00 am - 9:00 pm****120697****Apr 1-30****Daily 1:00 pm - 6:00 pm****Zumba at Biltmore Hills**

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. At Biltmore Hills we offer class Thursdays. There are also payment options for your convenience, \$5 per session or \$00 for the whole month.

119207**Jan 3-26****Th 6:00 pm - 7:00 pm****119209****Feb 2-28****Th 6:00 pm - 7:00 pm****119211****Mar 1-29****Th, 6:00 pm - 7:00 pm****119213****Apr 3-26****Th 6:00 pm - 7:00 pm**

Tae Kwon Do - Beginners

Age 5 yrs and up

Marital arts course where the art of self defense, confidence, self esteem, discipline, respect and self control taught through practice drills, class room instruction and tournaments. This is an ongoing class that promotes belt promotions. Wear Comfortable Clothes. Classes by Sensi Thomas Jarrett.

\$35

119140	Jan 2-25	M, W 6:30 pm - 7:30 pm
119141	Feb 1-27	W, M 6:30 pm - 7:30 pm
119142	Mar 5-Apr 4	M, W 6:30 pm - 7:30 pm
119143	Apr 2-25	M, W 6:30 pm - 7:30 pm

WadoRyuKarate

Age 16

Learn the basics of Wado Ryu karate, a traditional ope-hand Okinawan style emphasizing evasive movement and balance. Blocks, punches, and kicks. Have fun and learn while you improve your cardiovascular health. \$40

118770	Jan 3-31	Tu, Th 6:30 pm - 8:30 pm
118771	Feb 2-28	Th, Tu 6:30 pm - 8:30 pm
118772	Mar 1-29	Th, Tu 6:30 pm - 8:30 pm
118773	Apr 3-26	Tu, Th 6:30 pm - 8:30 pm

Home School Tae Kwon Do

Age 6 yrs. and up

Beginners Martial Arts for the Home Schooled population. Taught by Mr. Thomas Jarrett. \$35

119118	Mar 7-Apr 2	W, M 11:00 am -12:00 pm
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Y.E.S. - Youth Escape School

Grades K-6

Need something for your child to do on school holidays and teacher work days? Enroll in the Youth Escape School (YES) program. This wonderful recreational opportunity provides a safe alternative to children having to stay home while Mom and Dad work. Participants interact with their peers and counselors in fun-filled activities such as sports, arts & crafts, games, movies and a variety of other exciting events. Field trips, if offered, may require additional fees. Each participant must bring lunch and 2 snacks. \$25

111229	Jan 16	M 7:30 am - 6:00 pm
111230	Jan 23	M 7:30 am - 6:00 pm
111231	Feb 20	M 7:30 am - 6:00 pm
111232	Feb 21	Tu 7:30 am - 6:00 pm
111233	Mar 30	F 7:30 am - 6:00 pm
111234	Apr 2	M 7:30 am - 6:00 pm
111235	Apr 3	Tu 7:30 am - 6:00 pm
111236	Apr 4	W 7:30 am - 6:00 pm
111237	Apr 5	Th 7:30 am - 6:00 pm

Toddler Open Gym

Age 2 yrs. Come out and use our Gym! Time designated is especially reserved for children ages 2-5. \$0

119188	Jan 11-Apr 25	W 10:00 am -12:00 pm
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Pokeno

Seniors

Come out and play the Pokeno card game with seasoned veterans. For more information call Biltmore Hills at (919)831-6895 \$0

119121	Jan 5-Apr 19	Th 12:00 pm - 3:00 pm
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30 & over Basketball

This is an organized league for adult men 30+. Registration ends April 15, 2012. \$30

119083 Mar 4-Apr 22 Su 1:00 pm - 6:00 pm

Tennis - Free play for adults

Age 18

Free play for adults are held at Biltmore Hills Tennis Courts on Tuesday and Thursday evenings throughout the year at 6:30pm. This is a drop-in program which is organized by the Ebony Racquet Club, for all levels of play, simply show up and play. \$0

119124 Jan 3-Apr 26 Tu, Th 6:30 pm - 9:00 pm

Tennis Adult Level 1

Age 18

No experience needed for this class. You will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Please bring light loose fitting clothes, non marking sneakers and your racquet. Racquets are available to borrow. Rainouts will be made up at the end. \$96

119000 Mar 13-Apr 26 Tu, Th 5:30 pm - 6:30 pm

Baseball Skills Clinic

Age 7 yrs and up

Come out and get ready for baseball season! This clinic focuses on skills and fundamentals.\$20

119093 Mar 6-22 Tu, Th 6:15 pm - 7:15 pm

Biltmore Hills Youth Basketball (9-11)

This basketball league is for 9-11 year olds who want to continue developing their skills throughout the spring. Jerseys will not be provided. Registration ends March 18, 2011. \$30

119112 Apr 7-May 12 Sa 10:00 am - 2:00 pm

Girl Sports

Age 6 yrs. and up

This class introduces young girls to sports! It helps them get familiar with a sport they may want to pursue. Each week there will be a different focus. \$20

119115 Apr 14-May 5 Sa 11:00 am -12:00 pm

Tennis Jr Level 1

Age 6 yrs.

No experience needed for this class. They will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. \$96

118918 Mar 13-Apr 26 Tu, Th 4:30 pm - 5:30 pm